

Registration for the March 14, 2010

## AMTA NJ Chapter

### Trigger Point Therapy for Headaches

Presented by Kristen Curnan, CMT

Includes Hot Buffet Lunch, FREE Membership Meeting,  
and Annual Elections.

Holiday Inn, 195 Davidson Ave, Somerset, NJ

Class: 9:30 AM-12:30 PM Lunch: 12:30 PM –1:30 PM

Free Membership Meeting and Annual Elections: 1:30 – 3:30 PM

Registration from 8:30 AM to 9:30 AM

FEE: (3 CE's/3 contact hours and hot buffet lunch included.): \$ 50.00

Guests (non-AMTA members) \$ 65.00

Early Registration BEFORE March 9, 2010

Registrations received after March 9, 2010, add an additional \$10.00.

#### PLEASE PRINT CLEARLY

Name: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

AMTA Member # \_\_\_\_\_

Telephone: \_\_\_\_\_

Credit Card # \_\_\_\_\_  VISA  MasterCard

Expiration date: \_\_\_\_\_

MAKE CHECKS PAYABLE TO AMTA NJ.

MAIL TO: AMTA NJ, P.O. Box 4559, Toms River, NJ 08754

CALL: (973) 376-5151

All registrations are non-refundable. If cancellation is in writing at least 14 days prior to the event, your entire registration can be applied to a future event. \$30.00 returned check fee.

**Directions: Holiday Inn (732) 356-1700 195 Davidson Ave, Somerset, NJ 08873 From either 287 north or 287 south, take EXIT 10 and follow the signs for HOLIDAY INN. It is about 1 mile from the exit.**

#### Trigger Point Therapy for Headaches Presentation by Kristen Curnan, CMT

This lecture and hands-on course will present AMTA members with an overview of how trigger points are formed, and the techniques we can employ when encountering them during any massage session. We will look at the anatomy, stressors, and pain referral patterns of some of the more common muscles that cause headaches, and learn technique specific to these muscles.

Kristen Curnan, CMT, has been a massage therapist and instructor since 1998. She is currently teaching Musculoskeletal Anatomy and Kinesiology, Foundational Massage Techniques, and has also taught the Neuromuscular Therapy program for Cortiva Institute - Somerset School of Massage Therapy.

#### Our Membership Meeting and Annual Elections will follow lunch at 1:30.

Up for election this year: President-2 year term 2<sup>nd</sup> Vice President-2 year term  
Secretary-2 year term Treasurer-1 year term Applications must be received by the  
Commission on Candidacy at least 5 days prior to the elections.